Tuesday, March 24, 2020

Hello All,

Hope you are all doing well. Please know that I am praying for you and your loved ones. I know you all need a bit of distraction throughout the day, I mean who wants to be watching TV and playing games all day. LOL of course you do!

Please read PSALM 91 (I have attached a teen friendly version).

Reflect on it, and keep the following in mind.

 **PSALM 91 Safe in the Lord**

1 Those who go to God Most High for safety

will be protected by God All-Powerful.

2 I will say to the Lord, “You are my place of safety and protection.

You are my God, and I trust you.”

3 God will save you from hidden traps

and from deadly diseases.

4 He will protect you like a bird

spreading its wings over its young.

His truth will be like your armor and shield.

5 You will not fear any danger by night

or an arrow during the day.

6 You will not be afraid of diseases that come in the dark

or sickness that strikes at noon.

7 At your side 1,000 people may die,

or even 10,000 right beside you.

But you will not be hurt.

8 You will only watch what happens.

You will see the wicked punished.

9 The Lord is your protection.

You have made God Most High your place of safety.

10 Nothing bad will happen to you.

No disaster will come to your home.

11 He has put his angels in charge of you.

They will watch over you wherever you go.

12 They will catch you with their hands.

And you will not hit your foot on a rock.

13 You will walk on lions and cobras.

You will step on strong lions and snakes.

14 The Lord says, “If someone loves me, I will save him.

I will protect those who know me.

15 They will call to me, and I will answer them.

I will be with them in trouble.

I will rescue them and honor them.

16 I will give them a long, full life.

They will see how I can save.”

**9 Ways We Can Take Comfort in God During Coronavirus Fears**

Knowing this God is our comfort. [Psalm 91](https://www.biblestudytools.com/psalms/91.html) describes Him as our shelter, shadow, refuge, fortress, refuge, shield, buckler, dwelling, rescuer, and protection.

1. **Shelter**(v. 1):  God is our hiding place, covering us with His good purposes.

2. **Shadow**(v. 1):   God is over and beyond us—seeing more than we see and knowing more than we know. We can rest in His shadow.

3. **Refuge**(v. 2): He is a safe place for us of security; we climb into Him.

4. **Fortress**(v. 2): He is our defense whose promises cannot be inhibited.

5. **Shield**(v. 4): Resting in our God deflects the enemies of fear and doubt in times of trial.

6. **Buckler**(or, shield that completely engulfs) (v. 4): He is a defense on every side. He knows every part of us and our lives—no aspect is beyond His reach.

7. **Dwelling**(v. 9): God’s protection is not fleeting; His protection serves for our continual habitation.

8. **Rescuer**(v. 14): He leads us off with Him, drawing us to Himself and rescuing us from being overcome by the world.

9. **Protection**(v. 14): In His protection, He carries us to an elevated place—by trusting in Him, our minds and hearts become inaccessible to the churning fears below.

Let us NOT let fear and worry take over us.

Let us KNOW that God is with us.